

AVO AND BERRY BREAKFAST POT

Serves 1

Make ahead

You can blitz the fruit and yoghurt the night before and keep it in the fridge

Ingredients:

½ avocado, flesh scooped out

1 small banana, roughly chopped

2 handfuls of mixed frozen berries

2 tbsp natural yoghurt

1 ½ tbsp rolled oats

1 ½ tbsp. mixed seeds

1 tbsp almond butter

Drizzle of honey

Method:

Place the avocado, banana, frozen berries and natural yoghurt in a blender and blitz with a splash of water until smooth. Tip into a bowl or pot to take to work.

In a dry frying pan, over a medium heat, toast the oats and seeds until the seeds start to pop. Take off the heat.

When you're ready to eat, top the avocado berry pot with the toasted oats and seeds, almond butter and a drizzle of honey.